

**IN THE SPECIFICATION**

Please amend the Abstract as follows:

~~An object of the present invention is to improve convenience of a~~ A recording medium and ~~improve having~~ efficiency of a reading and a writing process. Audio annual ring data, video annual ring data, low-resolution annual ring data, and meta annual ring data extracted from data series of metadata, an audio file, a video file, and low resolution data are written to a free space on an optical disk in order of a body, a footer, and a header in order to improve the convenience of the recording medium by enabling a quick edit process. ~~For , for example, and improve the~~ efficiency of the reading and writing process is improved by preventing occurrence of an unnecessary writing process. ~~The present invention is applicable to disk apparatus for recording video data or audio data.~~

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